























# Green Heights Group Fitness Schedule for October 2017.

	Morning				Evening						
<b>Saturday</b>			<b>11:30-12:30</b> St.1 <b>LES MILLS BODYATTACK</b> Mohamed	<b>12:30-1:00</b> St.1 <b>Fat to Flat</b>  Mohamed			<b>6:30-7:00</b> St.1 <b>LES MILLS CXWORX</b> Mai	<b>7:00-8:00</b> St.1 <b>LES MILLS BODYCOMBAT</b> Amr	 <b>8:00-9:00</b> St. 1 <b>Yoga</b>  Farah		
<b>Sunday</b>		<b>9:30-10:30</b> St.1 <b>LES MILLS BODYPUMP</b> Rania (LO)	<b>10:30-11:30</b> St.1  Bardis (LO)		<b>6:00-7:00</b> St.2 <b>Belly Dancing</b>  Sara (LO) <b>(By Registration)</b>		<b>6:15-7:00</b> St.3 <b>Spinning</b>  Mourad	<b>7:00-8:00</b> St.1 <b>TABATA</b> Banna	<b>7:30-9:00</b> <b>Out door</b> <b>XFIT</b> Ahmed A. Salam <b>(By Registration)</b>	 <b>8:00-9:00</b> St. 1  Bardis	
<b>Monday</b>	 <b>9:00-9:45</b> St.1 <b>Fat to Flat</b>  Mourad	<b>10:00-11:00</b> St.1  Nesma (LO)				<b>6:45-7:30</b> St.3 <b>Spinning</b>  Shereen	<b>7:00-8:00</b> <b>Out door</b> Circuit Training  A. Desouky <b>(By Registration)</b>	<b>7:00-8:00</b> St.1 <b>Belly Aerobics</b>  Sara (LO)	<b>8:00-8:45</b> St.2 <b>TRX</b> Suspension Training Bassem	<b>8:00-9:00</b> St.1 <b>LES MILLS BODYCOMBAT</b> Mai	
<b>Tuesday</b>		<b>9:30-10:15</b> St.2 <b>TRX</b> Suspension Training Rania (LO)	<b>10:30-11:15</b> St.3 <b>Spinning</b>  Mourad		<b>6:00-7:00</b> St.2 <b>Belly Dancing</b>  Sara (LO) <b>(By Registration)</b>			<b>7:00-8:00</b> St.1 <b>LES MILLS BODYPUMP</b> Rania	<b>8:00-9:00</b> St.1 <b>LES MILLS BODYBALANCE</b> Rania		
<b>Wednesday</b>			<b>11:00-12:00</b> St.1 <b>TABATA</b> Manar (LO)	<b>12:00-1:00</b> St. 2 <b>Yoga Flow</b>  Manar (LO)			<b>7:00-8:00</b> St.1 <b>Trampoline</b>  Sara	<b>7:30-9:00</b> <b>Out door</b> <b>XFIT</b> Ah. A. Salam <b>(By Registration)</b>	<b>8:00-9:00</b> St.1 <b>Pilates</b>  Shereen	<b>8:30-9:15</b> St.3 <b>Spinning</b>  Mourad	
<b>Thursday</b>		<b>9:30-10:00</b> St.1 <b>LES MILLS CXWORX</b> Rania (LO)	<b>10:00-11:00</b> St.1 <b>LES MILLS BODYBALANCE</b> Rania (LO)			<b>6:15-7:00</b> St.3 <b>Spinning</b>  Mourad	<b>6:30-7:30</b> <b>Out door</b> Circuit Training  A. Desouky <b>(By Registration)</b>	<b>7:30-8:30</b> St.1 <b>LES MILLS BODYPUMP</b> Samir			

- Please note that this schedule is subject to change according to registration.
- The center reserves the right to appoint a substitution when needed, without prior notice.
- Please make sure to sign in for the classes 30 minutes before class starting time.
- Thank You for your cooperation ☺